



Moving and Coping with Pain

A personal trainer will work with you to build a program that is just for you.

- 6 1/2 hours of Personal Training

A Life Coach will work with you to help you achieve your goals by providing guidance and support in various areas, including goal setting.

- 2-30 minutes Life Coaching Sessions

Massages to relax you while you complete the program.

- 2 - 60 minute Massages

COST: \$400.

Motivation
is what gets you started;
Habit
what keeps you going

